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A B O O K = O F Fruits & Flouvers.

S H E W I N G
The Nature and Use of them, either
for Meat or Medicine.

A S A L S O :
To Preserve, Conserve, Candy, and in Wedges,
or Dry them. To make Powders, Civet bagges,
all sorts of Sugar-works, turn'd works in Sugar,
Hollow, or Frutages ; and to Pickell them.

And for Meat.
To make Pyes, Biscat, Maid Dishes, Marchpanes, Lee-
ches, and Snow, Craknels, Caudels, Cakes, Broths, Fritter-
stufle, Puddings, Tarts, Syrupes, and Sallets.

For Medicines.
To make all sorts of Poultisses, and Serecloaths for any member
swell'd or inflamed, Ointments, Waters for all Wounds, and Cancers, Salves
for Aches, to take the Ague out of any place Burning or Scalding ;
For the stapping of sudden Bleeding, curing the Piles,
Ulcers, Ruptures, Coughs, Consumptions, and kil-
ling of Warts, to dissolve the Stone, killing
the Ring-worme, Emroids, and Drop-
sie, Paine in the Ears and Teeth,
Deafnesse.

Contra vim mortis, non est Medicamen in horis.

O L O N D O N :
Printed by M. S. for Thos Jenner at the South entrance of the
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[i]



Of Lemmons.



Lemmon

A Lemmon Sallet.



Ake Lemmons, rub them upon a Grate, to make their rinds smooth, cut them in halves, take out the meat of them; and boyle them in faire water a good while, changing the water once or twice in the boyling, to take away the bitternesse of them, when they are tender take them out and scrape away all the meat (if any be left) very cleane, then cut them as thin as you can (to make

make them hold) in a long string, or in reasonable short pieces, and lay them in your glasse, and boylng some of the best White-wine vineger with Sugar, to a reasonable thin Syrupe, powre it upon them into your glasse, and keep them for your use.

To Preserve Orenge or Lemmons.

Take your Orenge or Lemmons, lay them in water three dayes, and three nightes, to take away their bitterness, then boyle them in faire water till they be tender, make as much Syrupe for them as will make them swim about the pan, let them not boyle too long therein, for it will make the skins tough, then let them lie all night in the Syrupe, to make them take the Syrupe in the morning, boyle the Syrupe to his thickness, and put them in gally pots or glasses, to keepe all the yeare, and this is the best way to Preserve Orenge, Lemmons, or Citrons.

To make Paste of Lemmons.

Take halfe a dozen of thick-sinned Lemmons, cut them through the middest, and boyle them tender in faire water, then stamp them in a Morter, strayne the juyce or pulp from them, and dry it, and put two pound of Shugar to it, then make it into what fashion you will, on a sheet of white paper, dry it in an Oven, and turne it often for two dayes and two nights, for in that time it will be dry enough; box it thus up, and it will endure all the Yeare.

Sweet Bagges to lay amonst Linnen.

Take Orris, Cypris, Calamus, Fufis, all of them grosse beaten, and Gallingall roots, of each a handfull, and as much of the small tops of Lavender, dried, and put them into baggs to lay among your cloaths. You may put in a handfull or two of Damask Rose leaves dryed, which will somewhat better the sent.

Medicines made of Lemmons.

To take away the Spots, or red Pimpels of the face.

Take halfe a pint of raine water, and halfe a pint of good Verjuice, seeth it till it be halfe consumed, then whilst it boiles fill it up againe with juyce of Lemmon, and so let it seeth a pretty while, then take it from the fire, and when it is cold put to it the whites of four new laid Eggs, well beaten, and with this water annoyne the place often.

A very

A very good Medicine for the Stone.

Make a Posset of a quart of Rhenish wine, a pint of Ale, and a pint of Milke, then take away the curd, and put into the drinke, two handfulls of Sorrell, one handfull of Burnet, and haife a handfull of Bal-n, boyle them together a good while, but not too long, least the drinke be too unpleasante, then take of the drinke a quarter of a pint, or ra her haife a pint, at once, at morning, and to bedward, putting therein first two or three spoonfulls of juyce of Lemmons, this is an excellent Medicine for the Stone in the Kidneys, to dissolve and bring it away. It is very good in these Diseases of the Stone, to use Burnet often in your drinke at Meales, and often to steep it in over-night, and in the morning put in thire or four spoonfulls of juyce of Lemmons, and to drink thereof a good draught every morning a week together, about the full of the Moone, three dayes before, and three dayes after.

To roste a Shoulder of Mutton with Lemmons.

Take a Shoulder of Mutton halfe rosted, cut off most of the meat thereof, in thin slices, into a faire dish with the gravy thereof, put thereto about the quantity of a pint of claret wine, with a spoonfull or two at most of the best wine-Vineger, season it with Nutmeggs, and a little Ginger, then pare off the rines of one or two good Lemmons, and slice them thin into the Mutton, when it is almost well stewed between two dishes, and so let them stew together two or three warmes, when they are enough, put them in a clean dish, and take the shoulder blade being well boyled on a grid-iron, and lay it upon your meat, garnishing your dishes with some slices and rinds of the Lemmons, and so serve it.

To Boyle a Capon with Oranges and Lemmons.

Take Oranges and Lemmons peeled, and cut them the long way, and if you can, keep your cloves whole, and put them into your best Broth of Mutton or Capon, with Prunes or Currants thire or four dayes, and when they have been well sodden, cut whole Pepper, great Mace, a great peice of Saggars, some Rose-water, and either White wine, or Claret wine, and let all these seeth together a while, and serve it upon Sopps with your Capon.

A Lemmond Sallet.

Cut out slices of the peele of the Lemmons, long wayes, a quar-

ter

cer of an inch one peice from another, and then slice the Lemmons very thin, and lay them in a dish crosse, and the peeles about the Lemmons, and scraue a good deal of Suggar upon them, and so serve them.

Of Quinces.

The best way to Preserve Quinces.

First pare and coare the Quinces, and boyle them in faire water till they be very tender, not covering them, then taking them out of the water, take to every pound of them, two pound of Suggar, and half a pint of water, boyle it to a Syrupe, scumming it well, then put in some of the Jelly that is washed from the Quince kernels, and after that, making it boyle a little, put in your Quinces, boyle them very fast, keeping the holes upward as neer as you can, for feare of breaking, and when they are so tender that you may thrust a rush through them, take them off, and put them up in your glasse, having first saved some Syrupe till it be cold to fill up your glasses.

A speciall Remembrance in doing them.

When you preserve Quinces, or make Marmalade, take the Kernels out of the raw Quinces, and wash off the Jelly that groweth about them, in faire water, then straine the water and Jelly from the kernels, through some fine Cobweb laune, and put the same into the Marmalade, or preserved Quinces, when they are well scum'd, but put not so much into your Quinces, as into the Marmalade, for it will Jelly the Syrupe too much; put six or seven spoonfulls of Syrupe into the Jelly. Before you put it into the Marmalade, you must boyle your Quinces more for Marmalade, then to preserve your Quinces, and least of them when you make your clear Cakes.

When you would preserve your Quinces white, you must not cover them in the boylng, and you must put halfe as much Sugar more for the white, as for the other. When you would have them red, you must cover them in the boylng.

To Pickle Quinces.

Boyle your Quinces that you intend to keep, whole and unpared,



in faire water, till they be soft, but not too violently for feare you break them, when they are soft take them our, and boyle some Quince pared, quarter'd, and coar'd, and the parings of the Quinces with them in the same liquor, to make it strong, and when they have boyled a good time, enough to make the liquor of sufficient strength, take out the quartered Quinces and parings, and put the liquor into a pot big enough to receive all the Quinces, both whole and quartered, and put them into it, when the liquor is thorow cold, and so keep them for your use close covered.

To

To make Quince Cakes.

Prepare your Quinces, and take the just weight of them in Sugar, beaten finely, and searcing halse of it, then of the rest make a Syrpe, using the ordinary proportion of a pint of water to a pound of Sugar, let your Quinces be well beaten, and when the Syrupe is cand height, put in your Quince, and boyle it to a past, keeping it with continuall stirring, then work it up with the beaten Sugar which you reserved, and these Cakes will tast well of the Quinces.

To make Printed Quidony of Quinces.

Take two pound of Quinces, pared, coared, and cut in small pieces, and put them into a faire posnet, with a quart of faire water, and when they are boyled tender, put into them one pound of Sugar clarified, with halse a pint of faire water, let them boyle till all the fruit fall to the bottom of the posnet, then let the liquid substance run through a faire linnen cloath into a clean bason, then put it into a posnet, and let it boyle till it come to a jelly, then print it in your Moulds, and turne it into your boxes. You shall know when it is ready to Print, by rouling it on the back of a Spooone.

Of Roses.

To make sweet Bagges to lay linnen in.

Take Damask Rose budds, pluck them, and dry the leaves in the shadow, the tops of Lavender flowers, sweet Margerom, and Basill, of each a handfull, all dried and mingled with the Rose leaves, take also of Benjamin, Strynx, Gyllengall roots, and fresh Orris roots, twice as much of the Orris as of any of the other, beaten in fine powder; an pcece of couze wool wetted in Rose water, and put to it a good quantitie of Musk and Ambergrease made into powders, and sprinklen therin with some Glycerie dissolved in Rose water, lay this Crosse in double paper, and dry it over a chaffing dish of coales; Lastly, sake halfe a handfull of Cloves, and as much Cinamme bruised, not singally beaten, mixe all these together, and put them up in your Bagge.

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A very

A very good Poultis for any Member swell'd and inflamed, and not broken, to take away the paine.

Take three pints of new milk, of stale Manchet crums two handfuls, or so much as shall make the milk somewhat thick, and there-to put two handfuls of dried red Rose leaves, and three ounces of Oyle of Roses, boyle all these together to the thicknesse of a Poultisse, then let it stand and coole, and while it cooleth take a spoonfull of Oyle of Roses, and with a warm hand rub the place grieved, till the Oyle be dryed in, and then lay the Poultisse as warm as you may endure it, to the part inflamed; doe this morning and evening for three or four dayes, as you shall see cause.

To make a sweet Cake, and with it a very sweet water.

Take Damask Rose leaves, Bay leaves, Lavender tops, sweet Marjerome tops, Ires powder, Damask powder, and a little Musk first dissolved in sweet water, put the Rose leaves and hearbs into a Bason, and sprinkle a quarter of a pint of Rose water among them, and stirring them all together, cover the Bason close with a dish, and let them stand so covered, all night, in the morning Distill them, so shall you have at once an excellent sweet water, and a very fine sweet Cake to lay among your finest linnen.

Oyle of Roses.

Take Sallet Oyle and putt it into an earthen pot, then take Rose leaves, clip off all the white, and bruise them a little, and put them into the Oyle, and then stop the top close with past, and set it into a boylng pot of water, and let it boyle one hour, then let it stand all one night upon hot embers, the next day take the Oyle, and straine it from the Rose leaves, into a glasse, and put therein some fresh Rose leaves, clipt as before, stop it, and set it in the Sun every day for a fortnight or three weeks.

Syrupe of Roses.

Take Damask Roses, clip off the white of them, and take six ounces of them to every pint of faire water, first well boyled and scummed, let them stand as abovesaid, twelve houres, as you doe in the Syrupe of violets, wringing out the Roses and putting in new eight rinkles, then wringing out the last putt in onely the juice of four ounces of Roses, so make it up as before, if you will putt in Rubarib,

B

Rhubarb, take to every two draws, slice it, string it on a thred, hang it within the pot after the first Anointing, and let it infuse within your Roses : Some use to boyle the Rhubarb in the Syrope, but it is dangerous, the Syrope purgeth Choller and Melancholly.

A Conserve of Roses.

Take red Rose buds, clip off all the white, bruised, and withered from them, then weigh them out, and taking to every pound of Roses three pound of Sugar, stamp the Roses by themselves very small, putting a little juice of Lemmons or Rose-water to them as they wax dry, when you see the Roses small enough, put the Sugar to them, and beat them together till they be well mingled, then put it up in Gally pots or glasses ; in like manner are the Conserves of flowers, of Violets, Cowslips, Marigolds, Sage, and Sea boise made.

To Preserve Roses or any other Flowers.

Take one pound of Roses, three pound of Sugar, one pint of Rose-water, or more, make your Syrope first, and let it stand till it be cold, then take your Rose leaves, having first clipt off all the white, put them into the cold Syrope, then cover them, and set them on a hot fire, that they may but simper for two or three hours, then while they are hot put them into pots or glasses for your use.

How to Preserve Barberries.

First take the best faire Barberries, and of them the greatest bunches you can get, and with a needle take out the stones on the one side of them, then weigh out to every halfe pound of them one pound of Sugar, put them into a Preserving pan, strow the Sugar on them, and let them boyle a quarter of an hour softly, then taking out the Barberries let the Syrope boyle a quarter of an hour more, then put in the Barberries againe, and let them boyle a pretty while with the Syrope, then take them from the Syrope, and let them both stand till they be cold, and so put them up.

To keep Barberries to garnish your Meats.

Take the worst of them, and boyle them in faire water, and straine the liquor from them, and while the liquor is hot put it into your Barberries, being clean picked, and stop them up, and if they mould.



A Rose

mould much, wash them throughly in the liquor, then boyle the liquor againe, and strayne it, let it coole, then put it to your Barberries againe.

Conserve of Barberries.

Take your Barberries, pick them clean in faire branches, and wash them clean, and dry them on a cloath, then take some other Barberries, and boyle them in Claryer-wine till they be very soft, then straine them, and rub them so well through the strainer, that you may know the substance of them, and boyle up this matter thus strained out, till it be very sweet, and somewhat thick, then setting it by till it be cold, and then put in your branches of Barberries into gally pots, or glasses, and fill it up with the cold Syrope, and so shall you have both Syrope, and also Barberries, to use at your pleasure.

Of Almonds.

To make Almond Biscate.

Seepe one pound of *Almonds* so long in cold water, till they will blanch, then put them in Rose-water, and beat them in so much Rose-water as will keep them from growing to an Oyle, and no more; take one pound of *Sugar* beaten very fine, and sifted through a Searce, take the whites of six Eggs heat to a froth, as you use to doe for other Bisket, with a spoonfull of fine flower, set the *Almonds* and *Sugar* on a soft Charcoal fire, let them boyle together till they be very thick, and so let them stand till they be almost cold, then beat the Eggs and that together, put in a little *Milke* for the better taste, if you please, then lay them upon papers in what proportion you will, and dry them in an Oven, with a slack fire.

To make Almond Milke.

Take a rib of *Mutton* or *Veale*, or rather a *Chicken*, boyle it in faire water, put thereto French Barley, a Fennell root, a Parsly root, *Violet* leaves, *Strawberry* leaves, and *Cinquescale* leaves, and boyle them all together, till the meat be over boyled, then strayne out the liquor from the rest, while they are boylling blanch a proportion of *Almonds* answerable to the liquor, beat them well in a clean stone Morcer, and then grind them therein with Rose water and *Sugar*, and when they are well ground put in all your liquor by little and little, and grind with them till they be all well Compounded, and then strayne it into a faire glasse, and use it at your pleasure.

An approved Medicine for the running of the Reines.

Make *Almond milke* of Planting water, or else boyle Planting in the liquor whereof you make your *Almond milk*, take a quatt of it, and put thereto three spoonfulls of *Lentive farine*, and three spoonfulls of *Cinnamon* water, take of this at six in the mornning, a good draught, two hours before dinner another, at four of the clock in the afternoon, a third, and two hours after supper a fourth; and twice or thrice between meals, eat a spoonfull of Conserve

Conserve of Red Roses at a time.

Oyle of Almonds.

Take *Almonds*, blanch them, and put them into a pot, and see that pot in another pot of water that boyleth, and the stream of the seething pot will arise and enter into the pot with the *Almonds*, and that will become Oyle when they are stamped and wringed through a cloath. Thus they make Oyle of the kernels of *Filberts*, *Walnuts*, &c.

A Barley Cream to procure sleep, or Almond Milke.

Take a good handfull of French Barley, wash it clean in warme water, and boyle it in a quart of sayre water to the halse, then put out the water from the Barley, and put the Barley into a pottell of new clean water, with a Parsley, and a Fennell root, clean washed, and picked with *Borage*, *Buglos*, *Violet* leaves, and *Lentice*, of each one handfull, boyle them with the Barley, till more then halse be consumed; then strayne out the liquor, and take of blanched *Almonds* a handfull, of the seeds of *Melons*, *Cucumbers*, *Citall*, and *Gourds*, husked, of each halfe a quarter of an ounce, beat these seeds, and the *Almonds* together, in a stone morter, with so much *Sugar*, and Rose water as is fit, and strayne them through a cleane cloath into the liquor, and drinke thereof at night going to bed, and in the night, if this doth not sufficiently provoke sleep, then make some more of the same liquor, and boyle in the same the heads, or a little of white *Poppy*.

An Oyntment to kill the Worms in little Children.

For Stomach Wormies, abynt the Stomach with Oyle of *Wormwood*, and the belly with Oyle of sweet *Almonds*, for belly Wormies take oyle of *Wormwood*, Oyle of *Savine*, and the Powder of *Aloe Cetrina*, finely beaten, andynt the belly therewith, morning and evening. You must not use *Savine* in Medicines for Mayden Children, but in stead of Oyle of *Savine*, take as much of an Oxes Gall.

To make the best white Puddings.

Take a pound of *Almonds*, blanch them, stamp them, putting in a little Milk sometimē to them in the stamping, then put to them three handfulls of fine Flower, or as much grated bread first baked in

In an Oven, six Eggs well beaten, a good deale of marrow cut in little pieces, season them with Nutmeg and Sugar, three spoonfulls of Rose-water, and a little Salt ; temper them all together, with as much Cream as will serve to wet or mingle them ; and so full them up.

An Almond Caudle.

Blanch Jordan Almonds, beat them with a little small Ale, and strayne them out with as much more Ale as you minde to make your Caudle of, then boyle it as you doe an Egg Caudle, with a little Mace in it, and when it is off the fire sweeten it with Sugar.

To make fine white Leach of Almonds.

Take halfe a pound of small Almonds, beat them, and strayne them with Rose water, and sweet milk from the Cow, and put into it two or three pieces of large Mace, one graine of Musk, two ounces of Isinglasse, and so boyle it in a Chafin-dish of coales, a quarter of an hour, till it will stand, which you shall try thus ; set a saucer in a little cold water, so that none come into it, and put a spoonfull of the Leach into it, and if you see that stand, take the other off the fire, then you may slice it in what fashion you please.

To make Almond Butter.

Blanch one pound of Almonds, or more, or lesse, as you please, lay them four hours in cold water, then stamp them with some Rose-water, as fine as you can, put them in a cloath, and presse out as much milk as you can ; then if you thinke they be not enoughe, beat them, and straine them againe, till you get as much milk of them, as you can ; then set it on the fire, till they be ready to boyle, putting in a good quantity of Salt and Rose-water, to turne it after one boylng, being turned, take it off, cast it abroad upon a linnen cloath, being holden between two, then with a spoon take off the Whey under the cloath, so long as any will drop or run, then take so much of the finest Sugar you can get, as will sweeten it, and melt it in as much Rose-water as will serve to dissolve it, put thereto so much Saffron in fine powder, as will colour it, and so steeping the Saffron and Sugar in Rose-water, season your Butter therewith, when you make it up.

To



Oliues

To make Almond Cakes.

Take of Jordan Almonds, one pound, beat them as you doe for Almond milk, draw them through a strainer, with the yolks of two or three Eggs, season it well with Sugar, and make it into a thick Batter, with fine flower, as you doe for Bisket bread, then powre it on small Trencher plates, and bake them in an Oven, or baking pan, and these are the best Almond Cakes.

To make Paste of Almonds.

Take one pound of small Almonds, blanch them out of hot water into cold, then dry them with a cloath, and beat them in a stone.

stone Morter, till they come to Past, putting now and then a spoonfull of Rose water to them, to keep them from Oyling, when they are beaten to fine past, take halfe a pound of Sugar finely beaten and scarsed, put it to your past, and beat it till it will twist between your fingers and thumb, finely without knots, for then it is enough, then make thereof Pyes, Birds, Fruits, Flowers, or any pretty things, printed with Molds, and so gild them, and put them into your Stove, and use them at your pleasure.

To make a Marchpine.

Take a pound of small Almonds, blanch them, and beat them, as you doe your past of Almonds, then drive it into a sheet of past, and spread it on a botome of wafers, according to the proportion, or bignesse you please, then let an edge round about it, as you doe, about a Tarr, and pinch it if you will, then bake it in a pan, or Oven, when it is enough, take it forth, and Ice it with an Ice made of Rose-water and Sugar, as thick as batter, spread it on with a brush of bristles, or with feathers, and put it in the Oven againe, and when you see the Ice rise white and dry, take it forth, and stick long comfits in it, and set up a staddard in the middest of it, o gild it, and serve it.

To make White-Broth with Almonds.

First look that the Meat be clean washed, and then set it on the fire, and when it boyleth, scum it clean, and put some salt into the pot, then take Rosemary, Time, Hyssop, and Marjerome, bind them together, and put them into the pot, then take a dith of sweet Butter, and put it also into the pot amongst the meat, and take whole Mase, and bind them in a cloath, and put them into the pot, with a quantity of Verjuice, and after that take such a quānty of Almonds as shall serve turne, blanch them, and beat them in the Morter, and then straine them with the broth when your Meat is in, and when these Almonds are strained put them in a pot by themselves, with some Sugar, a little Ginger, and also a little Rose-water, then stir it while it boyle, and after that take some sliced Oringes without the kernels, and boyle them with the broth of the pot, upon a chafin-dish of coales, with a little Sugar, and then have some Sipits ready in a platter, and serve the meat upon them, and pic not your Almonds in till it be ready to be served.

Of



Of Straw-Berries.

A Tarr of Straw-Berries.

Pick and wash your Strawberries clean, and put them in the past, one by another, as thick as you can, then take Sugar, Cinnamon, and a little Ginger finely beaten, and well mingled together, cast them upon the Straw Berries, and cover them with the lid finely cut into Lozenges, and so let them bake a quarter of an hour, then take it out, strewing it with a little Cinnamon, and Sugar, and so serve it.

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Of Hartichoakes.

How to make a Hartichoake Pye.

BOYLE your Hartichoakes, take off all the leaves, pull out all the strings, leaving only the bottoms then season them with Cinnamon, and Sugar, laying between every Hartichoake a good piece of Butter, and when you put your pye into the Oven, stick the Hartichoakes with slices of dates, and put a quarter of a pint of White-wine into the Pye, and when you take it out of the Oven, doe the like againe with some butter, and sugar, and Rose water, melting the butter upon some coales, before you put it into the Pye.

To keep Hartichoakes for all the yeare.

The fittest time is about Michaelmas, and then accoding to the proportion of Hartichoakes you will keep, seeth a quantity of wa-
ter in a pot or pan, seasoning it so with white salt that it may have
a reasonable salt, then put a fit quantity of white salt into the wa-
ter, and boyle them together, and scum them well; then put a
good quantity of good Vineger to them to make the liquor some-
what sharp, and boyle it again, then parboyle your Hartichoakes
that you mind to keep, in another liquor, take them out of it, and
let them coole then set your first liquor againe, on the fire to
boyle, and scumming it throughly, let it coole againe, when it is
throughly cold, putt it up in some sickling or large earthen pot, and
put in your Hartichoakes to them handsomely, for bruising them
when cover them close from the aire, and so keep them to spend at
your pleasure.

To Preserve Hartichoakes.

Heat water scalding hot first, then putt in your Hartichoakes and
scald them, and take away all the bottomes, and leaves about
them, then take Rose water and Sugar and boyle them alone a li-
tle while, then putt the Hartichoakes therin, and let them boyle
on a soft fire till they be tender enough, let them be covered all
the time they boyle, then take them out and putt them up for
your use.

To

To make a manid dish of Hartichoakes.

Take your Hartichoakes and pare away all the top, even to the
meat, and boyle them in sweet Broth till they be somewhat ten-
der then take them out, and putt them in a dish, and seeth them
with Pepper, Cinnamon, and Ginger, then putt them in the dish you
meane to bake them in, and putt in marrow to them good store,
and so let them bake, & when they be baked, putt in a little Vine-
ger and Butter, and stick three or four leaves of the Hartichoaks in
the dish when you serve them up, and scrape Sugar upon the dish.

O F M E D I C I N E S.

An Excellent Medicine or Salve for an Ache coming of cold, safe to be made by any Country Housewife.

Take of good neates foot Oyle, Honey, and new Wax, like
quantiries boyle them all well together, then putt to them a quar-
ter so much of Aqua vitæ as was of the each other, and then set-
ting it on the fire, boyle it till it be well incorporated together,
then spread it upon a piece of thin leather, or thick linnen cloath,
and so apply it to the place pained.

To take the Ague out of any place.

Take Vervine and Black Hemlocke, of each an handfull, boyle
them in a pint of fresh Butter till they be soft, and begin to parch
againe, then straine the Butter from the hearbs, and putt it into a
gally pot, and two or three times annoit the place grieved with
a spoonfull or two thereof, Probat.

For the Ague in Children, or Women with Child.

Take Venice Terpentine, spread it on the rough side of a piece of
thin Leather, two fingers breadth, & strew thereon the powder of
Frankincense finely beaten, and upon it some Nutmeg grated, bind
this

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thin upon the wrists an hour before the fit come, and renew it still till the fit be gone.

To strengthen the Back when it is disordered,

Take the pitch of an Oxes back, wash it in Wine or Ale and beating it very small straine it through a coarse cloath and make a Cande of it, with Mulkadine, or strong Ale, boylng therein a few Dates sliced, and the stones taken out, and drink it first and last as warme as you can, walking well, but temperately after it. Toasted Dates often are very good for the same.

For a Paine or Ache in the Back.

Take Nepc, Archangel, Parsley, and Clary, of each halfe a handfull, wash them cleape, and cut them small and then fry them with a little sweet Butter, then take the yolks of thre or four Eggs, beat them well together, and put them to the Herbs fry them all together, and eat them fasting every morning with some Sugar; to take away the unflavorinesse of the Herbs, some use to take only Clary leaves, and Parly washed, not cut, or Clary leaves alone, and powring the yolks of the Eggs upon them, so fry them, and eat them.

For a sudden Bleeding at the Nose.

Burne an Egg shell in the fire till it be black as a coale, then beat it to fine powder, and let the party snuffe it up into his Nosturills.

A Medicine for Burning or Scalding.

Take Maden wort, stamp it, and seeth it in fresh Butter, and therewith anoynt the place grieved, presently.

For the Canker in Womens Breasts.

Take Goose dung, and Celedonie, stamp them well together and lay it plaster wise to the soare, it will cleanse the Canker, kill the wormes, and heale the soare.

For

For the Canker in the mouth.

Take the juice of Plantaine, Vineger, and Rose water, of each a like quantity, mingle them together, and wash the mouth often with them.

To make a Tooth fall out of it self.

Take wheat flower and mix it with Milk of an Herb called Spurge, make thereof a past, and fill the hole of the tooth therewith, and leave it there, changing it every two houres, and the Tooth will fall out.

To take away the cause of the paine in the Teeth.

Wash the mouth two or three times together in the morning every moneth, with white wine where in the root of Spurge hath been sodden, and you shall never have paine in your Teeth.

For a Consumption.

Take Ash keyes so soone as they look withered, set them into an oven, the bread being drawne in a pewter, or rather an earthen dish, and being so dried pull off the out side, and reserving the inner part, of the seed, or keyes, beat them to fine powder, and either mix it with good English honey, and so eat of it first and last, morning and evening, a pretty deale of it at once upon the point of a knife, or else drink of the powder in some Ale or thin broth. Mares milk, or Asses milk, which is best, being drunke warme morning and evening, is the most soveraigne Medicine for it.

An excellant Medicines for the Cough of the Lungs.

Take Fennell and Angelica of each one handfull, the leaves in Summer, roots in Winter, sliced figgs twelve, but if the body be bound, twenty at least; green Licorice if you can, two or three good sticks scraped and sliced, Anniseed cleaved and bruised, two good spoonfulls or three Parsley roots scraped, and the pitch taken our, and twenty leaves of Foale foot, boyle all these in three pints of Hysop water, to a pint and a half, then strain it out into a glasse, putting to it as much white Sugarcandy as will make it sweet, drink hereof, being warmed, five spoonfulls at a time first in the morning, and last in the evening, taking heed that you eat nor drink any thing two houres before nor after.

of

Of Violets.

The use of Oyle of Violets.

Oyle of Violets, Cammomile, Lillies, Elder flowers, Cowslips, Rue, Wormwood, and Mint, are made after the same sort. Oyle of Violets, if it be rubbed about the temples of the head, doth remove the extream heate; asswageth the heade Achc, provoketh sleep, and moistneth the braine ; it is good against melancholly, dullnesse, and heaviness of the spirits, and against swellings, and soares that be over hot.

The Syrupe of Violets.

Take faire water, boyle it, scum it, and to every ounce of it so boyed and scrummed, take six ounces of the blew of Violets only shift them as before, nine times, and the last time take nine ounces of Violets, let them stand between times of shifting, 12 houres, keeping the liquor still on hot embers, that it may be milke warm and no warmer ; after the first shifting you must stamp and straine your last nine ounces of Violets and put in only the juice of them then take to every pint of this liquor thus prepared, one pound of Sugar finely beaten, boyle it and keepe it with stirring till the Sugar be all melted, which if you can, let be done before it boy'e, and then boyle it up with a quick fire. This doth coole and open it a burning Agne, being dissolved in Almond milk, and taken; especially it is good for any inflamation in Children; the Conserve are of the same effect.

The use of Conserve of Violets and Cowslips.

That of Cowslips doth marvelously strengthen the Braine, preserveth against madnesse, against decay of memory, stoppeth Head ach, and most infirmities thereof, for Violets it hath the same use the Syrupe hath.

To



Violets

To make Paste of Violets, or any kind of Flowers.

Take your Flowers, pick them, and stamp them in an Alabaster morter, then steep them two howes in a saucer of Rose water, after strain it, and steep a little Gum Dragon in the same water; then beat it to past, print it in your Moulds, and it will be of the very colour, and tast of the Flowers, then gild them and so you may have every Flower in his owne colour, and tast better for the mouth, then any printed colour.

Powder of Violets.

Take sweet Irees roots one ounce, red Roses two ounces, Storax one ounce and a half, Cloves two drams, Marjerom one dram, Lavender flowers one dram and a halfe, make these into powder; then

then take eight grains of fine Muske powdered, also put to it two ounces of Rose water, stir them together, and put all the rest to them, and stir them halfe an hour, till the water be dryed, then set it by one day, and dry it by the fire halfe an hour, and when it is dry put it up into baggs.

A good Plaister for the strangury.

Take Violets, and Hollyhokes, and Mercury, the leaves of these Herbs, or the seeds of them, also the rind of the Elderne tree, and seeth them in water, till halfe be consumed, and put thereto a little oyle Olive, and make thereof a plaister, and lay it to the soare and reines; also in the summer thou must make him a drink on this manner, take Saxifrage, and the leaves of Elderne, five leaved grasse, and seath them in a portell of stale Ale, till the halfe be wasted, then straine it, and keep it clean, and let the sick drink thereof first and last, and if you lack these hearbs because of winter, then take the roots of five leaved grasse, and dry them and make thereof a powder, then take Oyster shells and burne them, make powder also of them, and mingling them together, let the sick use thereof in his porridge, and drink, and it will help him.

A Medicine for sore blood shotten, and Rhuematick eyes.

Take ground Ivy, Daises, and Caledony, of each a like quantity stamp and straine out the juice out of them, and put to it a little browne Sugar Candy dissolved in white Rose water, and drop two or three drops of this liquor at the clift into the grieved eye with a fether lying upon the back when you doe it an hour after, this is a most approved Medicine to take away all Infiltrations, Spots, webbs, Itches, Smartings, or any griefe whatsoevet in the eyes.

A Glistner to open and loosen the Body being bound, *which may safely be admisitred to any* *woman or man.*

Take Mallowes and Mercurie unwarred, each two handfulls. halfe a handfull of Barley clean rubbed and washed, boyle them in

a pottle of running water to a quart, then strayne out the water, and put it in askillet, and put to it three spoonfulls of Sallet Oyle, and two spoonfulls of Honey, and a little salt; then make it luke warme, and so minister it.

To cleanse the head, and take the Ache away.

Chew the root of Pellitory of Spaine, often in the mouth.

A Medicinse that hath healed old Sores upon the legs, that have run so long that the bones have been seen.

Take a quantity of good sweet Creame, and as much brimstone beaten in fine powder, as will make it thick like Paste, then take so much butter as will make it into the form of Oyntment, and herewith annoynct the place grieved, twice a day.

An Oyntment for a Rupture.

Take of Sanicle two hardfulls, of Adders tongue, Doves foot, and Sheapheards purse, of each as much, of Limaria one handfull, chop them somewhat small, and boyle them in Deers fowet, untill the Hearbs doe crumble and wax dry.

A Barley water to purge the lungs and lights of all diseases.

Take halfe a pound of faire Barley, a gallon of running water, Liquorice halfe an ounce, Fennel seed, Violet leaves, Pailleyn seed, of each one quarter of an ounce, red Roses as much, Hysop and Sage dried, a good quantity of either, Harts tongue twelve leaves, a quarter of a pound of Figges, and as many raisons, stille the Figges and Raisons, put them all into a new earthen pot, with the water cold, let them seeth well, and then straine the clearest from it, drink of this a good quantity, morning and afternoon, observing good diet upon it, it taketh away all Agues that come of heat, and all ill heat; it purgeth the Lights, Spleene, Kdneyes, and Bladder.

To Cure the diseases of the Mother.

Take six or seaven drops of the spirit of Castercum in the begin-

ning of the fit, in two or three spoonfulls of posset Ale, applying a Plaster of Gauenum to the Navill.

To kill Warts, an approved Medicine.

Take a Radish root, scrape off the outside of it, and rub it all over with salt, then set it thus dressed upright in a saucer, or some other small dish, that you may save the liquor that runneth from it, and therewith annoyn your warts three or four times in a day, the ofrner the better, and in five or six dayes they will consume away, *Sage probatum*.

For the Piles.

Set a Chafin-dish of coals under a close stool chaire, or in a close stode case, and strew Amber beaten in fine powder, upon the coales, and sit down over it, that the smoke may ascend up into the place grieved.

A Medicine for the Piles.

Take a little Orpine, Hackdagger, and Elecampane, stamp them all together with Boares grease, into the forme of an Oyntment, and lay them to the place grieved.

A Diet for the Patient that hath Ulcers or Wounds that will hardly be Cured with Oyntments, Salves, or Plasters.

Take one pound of Guacum, boyle it in three pottels of Ale, with a soft fire, to the consuming of two parts, but if it be where you may have Wild Whay, or cheeze Whay, they are better. Let the Patient drink of this morning and evening, halfe a pint at a time, and let him sweat after it two hours. His drink at his Meals must be thus used, put into the same vessell whete the former was made, to the Guacum that is left, three pottles of Ale, and not Whay, let it boyle to the one halfe, let him drink thereof at all tides, and at his meale, which must be but one in a day, and that so little, that he may rise hungry. Thus he must doe for five days together, but he must first be purged.

of



Cowslips

Of Cowslips.

Oyle of Cowslips.

Oyle of Cowslips, if the nape of the neck be anointed with it, is good for the palsie, it comforteth the sinewes, the heart, and the head.

The use of the Oyle of wormwood, and Oyle of Mint.

Oyle of Wormwood is good for strains and bruises, and to comfort the stomach; it is made of the green Herbe, as are the Oyle

of Cammomile, Rue, and Mint, are made.

Oyle of Minc comforteth the stomach, overlayed or weakened with Casting, it doth drive back, or dry up Womens breasts, and doth ke ep them from being soare, being therewith anoyned

Syrene of Cowslips.

Instead of running water you must take distilled water of Cowslips, put thereto your Cowslip flowers clean picked, and the green knobs in the bottom cut off, and therewith boyle up a Syrene, as in the Syrene of Roles is shewed; it is good against the Painsie, comforting and staying the head in all hot Agues, &c. It is good against the palsie, and procures a sick patient to sleep; it must be taken in Almond milk, or some other warm thing.

To keep Cowslips for Salates.

Take a quart of white wine vineger, and halfe a quarter of a pound of fine beaten sugar, and mix them together, then take your Cowslips, pull them out of the podds, and cut off the green knobs at the lower end, put them into the pot or glasse wherein you mind to keep them, and well shaking the Vinegar and Sugar together in the glasse wherein they were before, powre it upon the Cowslips, and so stirring them morning and evening to make them settle for three weaks, keep them for your use.

To Conserve Cowslips.

Gather your flowers in the midst of the day when all the dew is off, then cut off all the white leaving none but the yellow blosome so picked and cut, before they wither, weigh out ten ounces, taking to every ten ounces of them, or greater proportion, if you please, eight ounces of the best refined Sugar, in fine powder put the sugar into a pan, and candy it, with as little water as you can, then taking it off the fire, put in your flowers by little and little, never ceasing to stir them till they be dry, and enough; then put them into glasses, or gallie pates, and keep them dry for your use. These are rather Candied then Conserved Cowslips.

To preserve all kind of flowers in the Spanish Candy in wedges.

Take Violets, Cowslips, or any other kinde of flowers, pick them,

thera, and temper them with the pap of two roasted apples, and a drop or two of Verjuice, and a graine of Muske, then take halfe a pound of fine hard sugar, boyl it two the height of *Marus Christi*, then mix them together, and poure it on a wet Pye plate, then cut it in Wedges before it be through cold, gild it, and so you may box it, and keep it all the year. It is a fine sort of banqueting stoffe, and newly used, your *Marus Christi* and boyle a good while, and be kept with good stirring.

A Medicine to break and heale sore breasts of Women, used by Mid-wives, and other skilfull Women in London.

Boyle Oatmeale, of the smallest you can get, and red sage together, in running or Conduit water till it be thick enough to make a plaister, and then put into it a fit proportion of Honey, and let it boyle a little together, take it off the fire, and while it is yet boyl ing hot, put thereto so much of the best Venice Terpentine as will make it thick enough to spread, then spreading it on some soft leather, or a good thick linnen cloth, apply it to the breast, and it will first break the soare, and after that being continued, will also heale it up.

A Medicine to break and heale sore breasts the Dropsie, whom the Physician hath given ever.

Take green broome and burne it in some cleane place, that you may save the ashes of it, take some ten or twelve spoonfulls of the same ashes, and boyle them in a pint of White wine till the vertue of it be in the wine, then coole it, and drayne the wine from the dreggs, and take three draughts of the Wine, and drink one fasting in the morning, another at three in the afternoone, another last at night neere going to bed. Continue this, and by Gods grace it will cure you.

An espciall Medicine for all manner of poyson.

Take Hemp seed, dry it very well, and get off the huske, and beat the hemp seed into fine powder, take Mints also, dry them, and

And make them into powder, boyle a spoonfull of either of these in halfe a pint of Goats milk, a pretty while, then put the milk into a cup to cools, and put into it a spoonfull of Treacle, and stir them together till it be cool enough, then drinking it in the morning fasting, and eat nothing till noon, or at least two hours; doe the like at night, and use it so three dayes, and it will kill and overcome any poysone.

Doctor Lewin's Unguentum Rosatum, good for the heat in the back.

Take a certaine quantity of Barrowes grease, Oyle of sweet Almonds, and Rose water, either red or damask, of each a like quantity, but of neither so much as of the Hoggs grease, beat them together to an Oyntment, put it in some gally pot, and when you would use it, heat it, and therewith annoyn the Back and Reins.

Of Beans.

To defend Humours.

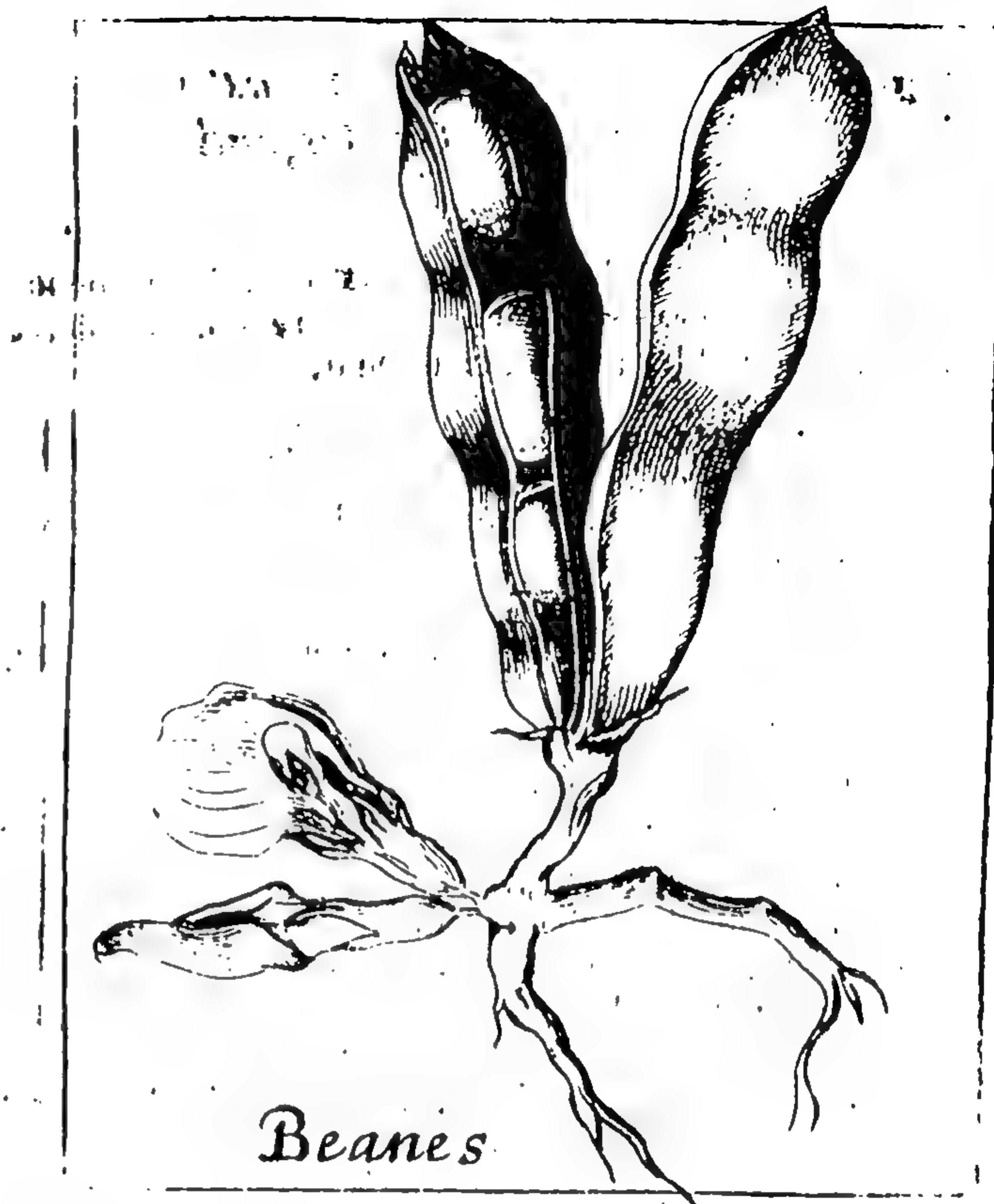
TAke Beans, the rind or the upper skin being pul'd off, bruise them, and mingle them with the white of an Egg, and make it stick to the temples, it keepeth back humours flowing to the Eyes.

To dissolve the Stone, which is one of the Physicians greatest secrets.

TAke a peck of green Bean cods, well cleaved, and without dew or rain, and two good handfulls of Saxifrage, lay the same into a Still, one row of Bean cods, another of Saxifrage, and so distill another quart of water after this manner, and then distill an other proportion of Bean cods alone, and use to drink of these two waters; if the Patient be most troubled with heat of the Reins, then it is good to use the Bean cod water distilled alone more often, and the other upon ceming down of the sharp gravell or stone.

Unguentum Sanativum.

TAke of Terpentine one pound, Wax six ounces, Oyle of Cammomile



Beanes

mile halfe a pint, put all these together in a pan, and put to them a handfull of Cammomile, bruised, or cut very small, boyle them upon a soft fire till they be well melted, and no more; then take it from the fire, and straine it into a clean pan, and so let it coole all night, and in the morning put it up for your use. This Oyntment is good for any cut, wound, or breaking of the flesh, it eat eth away dead flesh, and rankling, and doth heale againe quickly

A Serecloth for all Aches.

TAke Rossen one pound, Perrossen a quarter of a pound, as Mistleck and D'ees sewet the like, Turpentin two ounces, Cloves bruised, one ounce, Mace bruised, two ounces, Saffron two drams, boyle all these together in Oyle of Cammomile, and keep it for your use.

An

*An Oyntment to be made at any time of the
ycare, and is approved good, and hath
helped old paines, Griefes, and
Aches.*

Take Steers Gall, Sallet Oyle, and Aqua vitæ, of each five spoonfulls boyle them together a little, and therewith anoint the place, pained, by the fire and lay a warme cloth on it.

An oyntment for the Sciatica.

Roaste a handfull or two of Onions, and take Neate foote Oyle and Aqua vitæ, of each a pint, stamp, or rather boyle all these together to an Oyle, or Oyntment, and straine it into a gally por, and therewith aencynt the place grieved as hot as you can endure it morning and evening.

A Water to drive away any Infection.

Take Draggons, Angelica, Rue, Wormwood, of each a handfull, chop them pretty small, and steep them in a quart of White wine, twenty four hours, then distill them in a Still, and reserve the water in a glasse close stopped : give to the sick Patient six or seaven spoonfulls thereof at a time fasting, and let him fast an hour and an hylfe after, and keep himselfe very warme in his bed, or otherwise.

*An excellent Conservation for the stomach,
helping digestion, warming the braine,
and drying the Rheumes.*

Take two ounces of good old Conserve of red Roses, of chosen Methidare two diams, mingle them well together, and eat thereof to bed ward, the quanti ty of a hazell nut ; this doth expell all windinesse of the stomach. expelleth raw humours and venomous vapours, causeth good digestion, dryeth the Rheume, strengtheneth the memory and sight.

An

An Ointment for any Wound or Sore.

Take two pound of Sheeps suet, or rather Deers suet, a pint of Candy Oyle, a quarter of a pound of the newest and best Bees wax melt them together, stirring them well and, put to them one ounce of the Oyle of Spike, and halfe an ounce of the Goldswitchis Boras, then heating them againe, and stirring them all together, put it up in a gally pot, and keep it close stopped till you have cause to use it; this is an approved Oyntment to cure any wounds or sores new or old.

An excellent Oyntment for any Bruise or Ache.

Take two pound of May Butter purified, powre it out from the dregs, and put to it of Broome flowers and Elder flowers of each a good handfull, so clean picked that you use nothing but the leaves, mix them all together in a stone por, and boyle them seven or eight howres in a kettell of water, being covered with a board, and kept down with weights, keeping the kettle alwayes full of water, with the help of another kettle of boyling water ready to fill up the first as it wasteth, and when it waxeth somewhat coole, but not cold, straine the Oyntment from the Heats, into a gally pot, and keep it for your use.

A Plaister for a Bile or Push.

Take a yolk of an Egg, and halfe a spoonfull of English Honey mix them together with fine wheat flower, and making it to a Plaister, apply it warme to the place grieved.

An approved good drink for the Pestilence.

Take six spoonfulls of Dragon water, two good spoonfulls of Wine Vineger, two penny weights of English Saffron, and as much Treacle Gene, as a little Walnut, dissolve all these together upon the fire, and let the Patient drink it blood warm, within twenty hours or sooner that he is sick, and let him neither eat nor drink six hours after, but lye so warm in his bed, that he may sweat, this expelleth the Disease from the heart, and if he be disposed to a sore it will streightwayes appeare, which you shall draw out with a Plaister of *Flos Unguentorum*.

For

For the Rheume in the Gums or Teeth.

Boyle Rosemary in faire water, with some ten or twelve Cloves shut, and when it is boyled take as much Claret wine as there is water left, and mingle with it, and make it boyle but a little againe, then strayne it into some glasse, and wash the mouth therewith morning and evening; this will take away the Rheume, in short time; and if you boyle a little Mastick therewith, it is the better.

For the Emroids.

Take Egremony and bruise it small, and then fry it with Suet, and Honey, of each a like quantity, and lay it as hot as you can suffer it to the fundament, and it will heal very faire and well

An approved Medicine for the Dropsey.

Take the Herb called Bittersweet, it grows in waters and bears a purple flower, slice the stalks, and boyle a pretty deal of them in White wine, drink thereof first and last, morning and evening and it will cure the Dropsey.

A Powder for Wounds.

Take Orpiment, and Verdigrease of each an ounce, of Vitriall burned till it be red, two ounces, heat each of them by it selfe in a brasen Morter, as small as flower, then mingle them all together, that they appear all as one and keep it in bagges of leather well bound, for it will last feaven years with the same vertue, and it is called Powder peerlesse, it hath no peer for working it Chyurgery, for put of this powder in a wound where is dead flesh, and lay scrapt linc about it, and a Plainer of Disklofions next upon it and it will heale it.

An approved Medicine for the Green Sickness.

Take a quart of Clarret wine, one pound of Currants, and a handfull of young Rosemary crops, and halfe an ounce of Mace, seeth these to a pint and let the Patient drink thereof three spoonfulls at a time, morning and evening, and eat some of the Currants also after.

A Me-

A Medicine for a Pleurisie, Stitch, or Wind, offend-ing in any part of the body.

Gather the young shutes of Oake, after the fall of a Wood, and picking out the tendrest and softest of them, especially those which look reddest, bind them up together in a wet paper, and rost them in hot embers as you doe a Warden, whereby they will dry to powder, of which powder let the Patient take a spoonfull in a little Posset Ale, or Beere warmed, in the morning, fasting after it two houres, or more, if he be able, doing the like about 3 after noon, and two hours after supper, four or five dayes together, which thus done in the beginning of the Disease, is by often experiments found to cure such windy paines in the side, stomach, or other parts of the body; you may dry them also in a dish, in an Oven after the bread is drawn; you shall doe well to gather enough of them in the Spring, and make good store of the powder then to keep for ail the yeare following.

An approved Medicine for the Gout in the feet.

Take an Oxes piunch new killed, and warm out of the belly, about the latter end of May, or beginning of June, make two holes therein, and put in your feet, and lay store of warme cloaths about it, to keep it warme so long as can be. Use this three or four dayes together, for three or weeks or a moneth, whether you have the fit or paine of the Gout, at that time or no, so you have it at any time before. This hath cured divers persons, that they have never been troubled with it againe.

For one that cannot make Water.

Take the white stings of Filmy roots, of Primroses, wash them very clean, and boyle of them halfe a handfull, in a pint of Beer or White wine, till halfe be consumed, then straine it through a clean cloath, and drink thereof a quarter of a pint, somewhat warme, morning and evening, for three dayes, it will purge away all vis-
cous or obstructions stopping the passage of the water, probatum.

To kill the Ring-worm, and beat thereof.

Take a quart of White wine vineger, boil therein of Woodbine leaves, Sage, and Plaintaine of each one handfull, of white Coperas one pound, of Allum as much as an Egge; when it is boyled to
halfe

halfe a pint, straine out the liquor, and therewith wash the soare as hard as you can suffer it.

To make a Water for all Wounds and Cankers.

Take a handfull of red Sage leaves, a handfull of Selaudine, as much Woodbine leaves, then take a gallon of Conduit water, and put the herbs in it, and let them boyle to a porke, and then straining the Herbs through a strainer, take the liquor and set it over the fire againe, and take a pint of English Honey, a good handfull of Roch Allum, as much of white Copperas tinne beaten a penny worth of Graines bruised, and let them boyle all together three or four warms, and then let the scum be taken off with a feather and when it is cold put it in an earthen pot or bottell, so as it may be kept close; and for an old Wound take of the thinnest, and for a green Wound of the thickest, and having dressed them with this Water, cover the soare either with Veale, or Mutton, and skin it with Dok leaves.

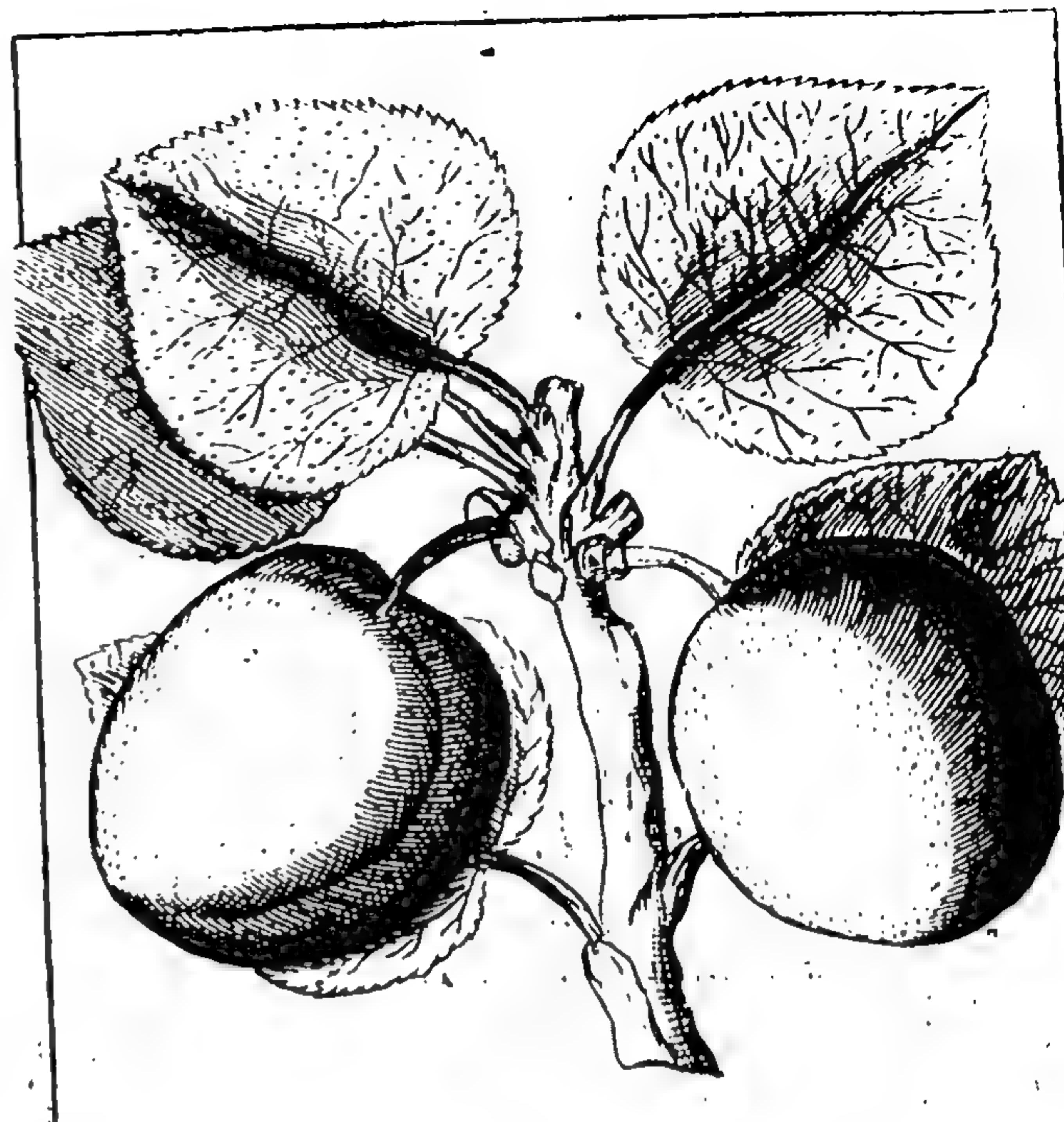
For a Swelling that cometh suddenly in mans Limbs.

Take Harts tongue, Chervoyl, and cut them small, and then take dreggs of Ale and Wheat Branne, and Sheeps tallow molten and doe all in a pot, and seeth them till they be thick, and then make a Plaister, and lay it to the swelling.

Of Apricocks.

To dry Apricocks.

ATake them when they be ripe, stone them, and pare off their rindes very thin then take halfe as much Sugar as they weigh finely beaten and lay them with that Sugar into a silver or earthen dish laying first a lay of Sugar and then of Fruit, and let them stand so all night and in the morning the Sugar will be all melted then put them into a Skillet and boyle them apace, scumming them well and as soon as they grow tender take them off from the fire, and let them stand two dayes in the Syrupe, then take them our,



Apricocks

out, and lay them on a fine plate, and so dry them in a Stove.

Clear Cakes of Quinces, or Apricocks.

Take of the best Sugar finely beaten and scarced, one pound, to a pound of Quinces, or Apricocks, set your Sugar upon a chafing-dish of coales and dry it above halfe an hour, then cooling it, stir into it a little Musk and Ambergreese finely beaten, and powdered, then pare your Quinces and boyle them in faire water whole, till they be tender, and not covering them, for so they will be white; then take them, and scrape off all the Quince to the core, into a silver dish, and boyle it therein till it grow dry, which you shall perceive by the rising of it up, when it is thus well dryed take it off, let it coole, and strew on the Sugar letting some other to strew it, till it be all throughly wrought in, then lay it out on glasses, plates, or prints of Flowers, or letters, an inch thick, or lesse as you please.

The

The best way to Preserve Apricocks.

Take the weight of your Apricocks, what quantity soever you mind to use, in Sugar finely beaten, pare and stone the Apricocks and lay them in the Sugar, in your preserving pan all night, and in the morning set them upon hot embers till the Sugar be all melted, then let them stand, and scald an hour, then take them off the fire, and let them stand in that Syrupe two dayes, and then boyle them softly till they be tender and well coloured, and after that when they be cold put them up in glasses or pots, which you please.

*Of Lillies.**The use of Oyle of Lillies.*

Oyle of Lillies is good to supple, mollifie, and stretch sinews that be shrunk, it is good to annoyn the sides and veins in the fits of the Stone.

To Candy all kind of Flowers as they grow, with their stalks on.

Take the Flowers, and cut the stalk somewhat short, then take one pound of the whitest and hardest Sugar you can get, put to it eight spoonfulls of Rose water, and boyle it till it will roule betwene your fingers and your thumb, then take it from the fire, coole it with a stick, and as it waxeth cold, dip in all your Flowers, and taking them out againe suddenly, lay them one by one on the bottome of a Sive; then turne a joyned stoole with the seete upwards set the sive on the seat thereof, cover it with a faire linnen cloath, and set a chafin dish of coales in the middest of the stoole underneath the sive, and the heat thereof will run up, to the sive, and dry your Candy presently; then box them up, and they will keep all the year, and look very pleasantly.

To

To make the Rock Candies upon all Spices, Flowers, and Roots.

Take two pound of Barbary Sugar, Clarifie yt with a pint of wa-
ter, and the whites of two Eggs, then boyle it in a posnet to the
height of *Manus Christi*, then put it into an earthen Pipkin, and
therwith the things that you will Candy, as Cinnamon, Ginger, Nut-
megs, Rose buds, Marigolds, Eringo roots, &c. cover it, and stop it
close with Clay or paste, then put it into a Still with a leasurely
fire under it, for the space of three dayes and three nights, then
open the pot, and if the Candy begin to come, keep it unstopped
for the space of three or four dayes more, and then leaving the
Syrupe, take out the Candy, lay it on a Wyer grate, and put it in
an oven after the bread is drawne, and there let it remaine one
night, and your Candy will dry. This is the best way for rock
Candy, working so small a quantity.

The Candy Sucket for Green Ginger, Lettice, Flowers.

Whatsoever you have Preserved, either Herbs, Fruits, or
Flowers, take them out of the Syrupe, and wash them in warme
water, and dry them well, then boyle the Sugar to the height of
Candy, for Flowers, and draw them through it, then lay them on
the bottome of a Sive, dry them before the fire, and when they are
enough, box them for your use. This is that the Comfit makers
use and call Sucket Candy.

*Of Grapes.**Syrupe Gresta; or a Syrupe of Unripe Grapes.*

Take a good basket full of unripe Grapes, set them three dayes
in a vessel after they be gathered, stamp them, and straine out
the juice out of them, take thereof six quarts, boyle it with a
soft fire till the third part be consumed, then four quarts will re-
main, let that run through a woollen bagge, and stand till it be
clear

clear in it selfe, then take of the clearest of it, seven pints, put thereto five pound of Clarified Sagar, boyle them together to the thicknesse of a Syrupe, and keep it in a glasse; it is good for a perbreaking stomach, proceeding of Choller, and for a swelling stomach, it taketh away thirst and drynesse, and chollerick Agues it is of great comfort to the stomach of Women being with child, it is a preservative against all manner of Venome, and against the Pestilence.

O F P U R G E S.

A Parge to drive out the French Pox, before you use the Ointment.

Take halfe a pint of good *Aqua vita*, one ounce of Treacle of Gene, one quarter of an ounce of *Spermaceti*, boyle all these together on a soft fire halfe a quarter of an hour, and let the Patient drink this as warme as he can, and lye downe in his bed, and sweat, and if any of the Disease be in his body, this will bring it forth, and bring him to an easie loosenesse; this is thought the best and surest of all other Cures for this infirmity.

The Ointment for the French Pox.

Take Barrows grease well tryed from the filmes, heat it in a Morter till it be smal and fine, put thereto of Lethargy one ounce of Mastick in fine powder, two ouzter of Olibanum in powder, one ounce, of O. I. of Spike one ounce, Oyle of Paliolium one ounce, of Terpenie one quarter of a pound, beat all these together into a perfect Oyntment; and therewith annoynct these places.

In what place to annoynct for the French Pox.

The principall bone in the Nape of the Neck without the shoulder places, taking heed it come not neer the channell bone, for then it will make the throat swell, els not, the elbowes on both

both sides, the hip bones, the share, the knees, the hammes, and the ankles; if the Patient have no Ache, annoynct not these places, but only the sore till they be whole; if there be any knobs lying in the flesh, as many have, annoynct them often, and lay lint upon them, and brown paper upon the linta, and keep the Patient close out of the aire, and this used will make him whole in ten dayes by the grace of God.

For a pain in the ears, or deafnesse.

Take a hot loafe, of the bignesse of a Bakers peny loaf, and pull or cut it in two in the middest, and lay the middle of the crummy side to the middest, or to the hole of the ear, or ears pained, as hot as they may be endured, and so bind them fast together on all night, and then if you find any pain in either or both ears, or any noile, put into the pained ear or ears, a drop of *Aqua vita*, in each, and then againe binding more hot bread to them, walk a little while, and after goe to bed, this done three or four dayes together, hath taken away the paine, hearing noysse in the ears, and much eased the deafnesse, and dullnesse of and in many.

Of Marigolds.

A very good Plaister to heale and dry up a Sore or Cut suddenly.

Take of Marigold leaves, Parret blades or leaves, and Houslick, of all two handfuls, beat them all very small in a Morter, and put to them the whites of two new layed Eggs, and beat them very well till they be throughly incorporated with the Eggs, and apply this till you be well, renew it every day.

The Use of Conserve of Marigolds.

Conserve of Marigolds taken fasting in the morning, is good for Melancholy, cureth the trembling and shakin of the heart, is good to be used against the Plague, and Corruption of the Aire.

Of Cherries.

To make dry Cherries.

Take three quarters of a pound of Sugar, and a pound of Cherries, their stalks and stones taken from them, then put a spoonfull of red wine in the Skillet, and so lay a lay of Cherries and another of Sugar, till your quantity be out, then set them on the fire, and boyle them as fast as conveniently you can, now and then shaking them about the Skillet, for feare of burning, and when you think they are enough, and cleare, then take them off the fire, and let them stand till they be halfe cold, then take them out as cleare from the Syrups as you can, and lay them one by one upon sheers of glasse, setting them either abroad in the sunne, or in a window where the sunne may continually be upon them. If they dry not so fast as you would have them, then in the turning scrape some loafe Sugar finely upon them, but add no greater heat then the sunne will afford, which wil be sufficient if they be well tended, and let no dew fall on them by any meanes, but in the evening set them in some warm Cupboard.

How to Preserve Cherries.

Take the Cherries when they be new gathered off the Tree, being full ripe, put them to the bottome of the preserving pan, weighting to every pound of Cherries one pound of sugar, then throw some of the foyet upon the Cherries, so set them on a very quick fire, and as they boyl, throw on the rest of the sugar, till the Syrups be thick enough, then take them out, and put them in a galli pot while they are warme; you may if you will, put two or three spoonfulls of Rose water to them.

To make all manner of Fruit Tarts.

You must boyle your Fruit whether it be Apple, Cherry, Peach, Damson, Pear, Mulberry, or Codling, in faire water, and when they be boyled enough, put them into a bowle and bruise them with a laddle, and when they be cold straine them, and put in red wine, or

Clairet



Cherries

Glairet wine, and so season it with Sugar, cinnamon, and ginger;

To make a close Tart of Cherries.

Take out the stones, and lay them as whole as you can in a Charger, and put Mustard, Cinnamon, and Sugar into them, and lay them into a Tart whole, and close them, then let them stand three quarters of an hour in the Oven, and then make a Syrup of Muscadine, and Damask water, and Sugar, and so serve it.

To make fine Pippin Tarts.

Quarter, pare, core, and stew your Pipins in a Pipkin, upon very hot embers, close covered, a whole day, for they must stew softly,

softly, then put to them some whole Cinnamon fix Cloves and sugar enough to make them sweet, and some Rose water and when they are stewed enough, take them off the fire, and take all the Spice from them and break them small like Marmalade, and having your Cestins ready made, not above an inch deep, fill them with it, and lay on a very thin cover of puffe past, close and fit, so bake them serve them in cold, but you must take heed you doe not over-bake them.

To make a Tart of Butter and Eggs.

Take the yolks of sixteene Eggs well parted from the whires, three quarters of a pound of Butter well Clarified, and straine it twice or thrice in a faire strainer, seasoned with sugar and a little Rose water, wherein Spinage first a little boyled, hath been strained, to make it green; be sure your paste be well made, and whole and so bake it up and leive it.

Of Goose-Berries.

To keep Goose-Berries.

Take a handfull or two of the worser of your Goose Berries, cut off their stalks and heads, and boyle them all to pieces in a pot full of water, putting into the boyling therof, halfe a quarter of sugar, then take the liquor, straine it through a haire strainer, and while it cooleth cut off the stalks and heads of the fairest Goose-Berries, being very carefull you cut not the skin of them above or below; put them into a gally pot, and pour the liquor in after them.

Purflaine must be used as you doe the Goose Berries.

The best way to Preserve Goose Berries.

Gather them with their stalks, an cut off their heads, and stone them, then put them in scalding water, and let them stand there-in covered a quarter of an hour, then take their weight in sugar, finely beaten and laying first lay of sugar, then one of your Goose-Berries, in your Preserving Skillet or pan, till all be in, putting in

for every pound of Goose Berries six spoonfulls of water, set them on the embers till the sugar be melted, then boyle them up as fast as you can, till the Syrupe be thick enough, and cold, and then put them up. This way serves also for Raspilles and Mulberries.

Of Plums.

The best way to dry Plums.

Take your Plums when they are full growne, with the stalks
on them, but yet green, split them on the one side, and put them
in hot water, but not too hot, and so let them stand three or four
hours, then to a spoonfull of them, take three quarters of a pound
of sugar beaten very fine, and eight spoonfulls of water to every
pound, and set them on hot embers till the sugar be melted, and
after that boyle them till they be very tender, letting them stand
in that Syrupe three dayes to plump them, then take them out,
wash the Syrupe from them with warm water, & wipe them with
a fine linnen cloath, very dry, and lay them on plates and set
them to dry in a Stove, for if you dry them in an Oyen, they will
be tough.

To Preserve Damsons.

Take Damsons before they be full ripe, but new gathered off the Tree, allow to every pound of them a pound of sugar, put a little Rose water to them, and set them in the bottome of your pan, one by one, boyle them with a soft fire; and as they seeth strew your sugar uppon them, and let them boyle till the Syrupe be thick enough, then while the Syrupe is yet warme take the Plums out, and put them in a gall pot, Syrupe and all.

To Preserve Bullasses, as green as grasse.

Take your Bullasses, as new gathered as you can, wipe them with a cloath, and prick them with a knife and quaddle them in two waters close covered, then take a pound of Clarified sugar and a pint of Apple water, boyle them well together (keeping them well scummed) unto a Syrupe, and when your Bullasses are

Till drip from the water, put them into the Syrupe, and warm them three or four times at the least, at the last warming take them up, and set them a dropping from the Syrupe, and boyle the Syrupe a little by it selfe, till it come to a jelly, and then between hot and cold put them up to keep for all the year.

To Preserve Pares, Pare-Plums, Plums.

First take two pound and halfe of fine sugar, and beat it small and put it into a pretty braffe pot, with twenty spoonfuls of Rose-Water, and when it boyleth skim it clean, then take it off the fire and let it stand while it is almost cold, then take two pound of Pare-plums, and wipe them upon a faire cloath, and put them into your Syrupe when it is almost cold, and so set them upon the fire againe, and let them boyle as softly as you can, for when they are boyled enough, the kernels will be yellow, then take them up, but let your Syrupe boyle till it be thick; then put your Plums upon the fire againe, and let them boyle a walme or two, so take them som the fire, and let them stand in the vessell all night, and in the morning put them into your pot or glasse, and cover them close.

Of Medlers.

To Preserve Medlers.

Take the fairest Medlers you can get, but let them not be too ripe, then set on faire water on the fire, and when it boyleth put in your Medlers, and let them boyle till they be somewhat soft, then while they are hot pull them, cut off their crowns, and take out their stones, then take to every pound of Medlers, three quarters of a pound of sugar, and a quarter of a pint of Rosewater, seeth your Syrupe, scumming it clean, then put in your Medlers one by one, the stalks downward, when your Syrupe is somewhat coole then set them on the fire againe, let them boyle softly till the Syrupe be enough, then put in a few Cloves and a little Cinnamon, and so putting them up in pots reserve them for your use.

To



Medlers

To make a Tart of Medlers.

Take Medlers that be rotten, and stamp them, and set them upon a chafin dish with coales, and beat in two yolks of Eggs, boylling till it be somewhat thick, then season it with Sugar, Cinnamon, and Ginger and lay it in paste.

Of Cucumbers.

How to keep Cucumbers.

Take a kettle big enough for your use, full of water, make

it brackish with salt, boyle therein ten or twenty Cucumbers, cut in halves, then take the raw Cucumbers, being somewhat little, and put them into the vessel wherein you will keep them, and when your liquor is cold straine so much of it into them, as may keep the Cucumbers always covered.

To keep boyled Cucumbers.

Take a kettle of water, put salt to it, boyle it well, then take your raw Cucumbers, put them into it, and keep them with turning up and down very softly, till they be as it were per boyled, then take them out, and lay them aside till they be cold, then put them up in the vessel you will keep them in, and when the liquor is cold, straine it into them, till they be all covered.

To Pickle Cucumbers to keep all the yeare.

Pare a good quantity of the rindes of Cucumbers, and boyle them in a quart of running water, and a pint of wine Vinger, with a handfull of salt, till they be soft, then letting them stand till the liquor be quite cold pour out the liquor from the rinds, into some little barrell, earthen pot, or other vessel, that may be close stopped, and put as many of the youngest Cucumbers you can gather, therin, as the liquor will cover, and so keep them close covered, that no wind come to them, to use all the year till they have new; if your Cucumbers be great, tis best to boyle them in the liquor till they be soft.



Of Cookery.

To make Snow:

Take a quart of thick Creame, and five or six whites of Eggs, a saucer full of sugar finely beaten; and as much Rose water, beat them all together, and always as it riseth take it out with a spoon, then

then take a loaf of Bread, cut away the crust, set it in a platter, and a great Rosemary bush in the middell of it, then lay your Snow with a spoon upon the Rosemary, and so serve it.

To make Spiced Bread.

Take two pound of Manchet paste, sweet Butter halfe a pound, Currants halfe a pound, sugar a quarter, and a little Mace if you will put in any, and make it in a loafe, and bake it in an Oven, no hotter then for Manchet.

To make Crakenels.

Take five or six pints of the finest Wheat flower you can get to which you must put in a spoonfull (and not above) of good Test, then mingle it well with Butter, cream, Rose water, and sugar finely beaten, and working it well into paste, make it after what forme you will, and bake it.

To make Veal-tooh's, or Olives.

Take the kidney of a line of Veale roasted, with a good deale of the fat, and a little of the flesh, mingle it very small, and put to it two Eggs, one nutmeg finely grated, a good quantity of sugar, a few Currants, a little salt, stir them well together, and make them into the form of little Pasties, and fry them in a pan with sweet Butter.

To make a Barley Creame to procure sleepe, or Almond Milke.

Take a good handfull of French Barley, wash it clean in warme water, and boyle it in a quart of fayre water to the halfe, then put out the water from the Barley, and put the Barley into a pottell of new clean water, with a Parsley, and a Fennell root, clean washed, and picked with Bourage, Buglos, Violet leaves, and Lettice, of each one handfull, boyle them with the Barley, till more then halfe be consumed; then strayne out the liquor, and take of blanched Almonds a handfull, of the seeds of Melons, Cucumbers, Citrall, and Gourds, husked, of each halfe a quarter of an ounce, beat these seeds, and the Almonds together, in a stone morter, with so much Sugar,

Sugar, and Rose water as is fit, and strayne them through a cleane cloath into the liquor, and drinke thereof at night going to bed, and in the night, if this doth not sufficiently provoke sleep, then make some more of the same liquor, and boyle in the same the heads, or a little of white Poppy.

To pickle Oysters.

Take a peck of the greatest Oysters, open them, and put the liquor that comes from them saved by it selfe, to as much White-wine, and boyle it with a pound of Peper bruised, two or three spoonfulls of large Mace, and a handfull of salt, till the liquor begin to waste away, then put in your Oysters, and plump them, and take them off the fire till they be cold, and so put them up in little barrels very close.

To make very fine Sausages.

Take four pound and a halfe of Pork, chop it small, and put to it three pound of Beefe sewet, and chop them small together, then put to them a handfull of Sage, finely shred, one ounce of Pepper, one ounce of Mace, two ounces of Gloves, a good deal of salt, eight Eggs very well beaten befor you put them in, then work them well with your hand, till they be throughly mingled, and then fill them up. Some like not the Eggs in them, it is not amisse therefore to leave them out.

To cast all kind of Sugar worke into Moulds.

Take one pound of Barbary Sugar, Clarifie it with the white of an Egg, boyle it till it will roule between your finger and your thumb, then cast it into your standing moulds, being watered two hours before in cold water, take it out and gild them to garnish a marchpane with them at your pleasure.

To make all kind of turned works in fruitage, hollow.

Take the strongest bodyed Sugar you can get, boyle it to the height of *Mamis Gbrisli*, take your stone, or rather pewter moulds being made in three pieces, tye the two great pieces together with Inkle, then poure in your Sugar being highly boyled, turne

it

it round about your head apacee, and so your fruitage will be hollow, whether it be Orange, or Lemon, or whatsoever your mould doth cast, after they be cast you must colour them after their natural colours.

To make a Sallet of all kind of Hearbs.

Take your Hearbs and pick them very fine in faire water, and pick your Flowers by themselves, and wash them clean, then swing them in a strainer, and when you put them into a dish mingle them with Cucumbers or Lemons pared and sliced, also scrape sugar, and put in Vineger and Oyle, then spread the Flowers on the top of the sallet, and with every sort of the aforesaid things garnish the dish about, then take Eggs boyled hard, and lay about the dish and upon the Sallet.

To make Fritter stufte.

Take fine flower, and three or four Eggs, and put into the flower, and a piece of Butter, and let them boyle all together in a dish or chaffer, and put in sugar, cinnamon, ginger, and rose water, and in the boylung put in a little grated Bread, to make it big, then put it into a dish, and beat it well together, and so put it into your mould, and fry it with clarified Butter, but your Butter may not be too hot, nor too cold.

F I N I S.
